

Palupi, Dyah Sekar. 2014. Hubungan Frekuensi Konsumsi *Fast Food* Dan Konsumsi Energi Total Terhadap Kejadian Gizi Lebih Pada Remaja Putri di SMA Negeri 3 Malang. Tugas Akhir. Program Studi Gizi Kesehatan Universitas Brawijaya. Pembimbing: (1) Eriza Fadhilah, S.Gz, M.Gz. (2) Catur Saptaning W, S.Gz, MPH.

ABSTRAK

Gizi lebih adalah penumpukan lemak yang berlebihan ataupun abnormal yang dapat mengganggu kesehatan. Ditinjau dari pola makan, remaja merupakan kelompok yang peka terhadap pengaruh lingkungan luar seperti maraknya iklan *fast food* yang umumnya mengandung kalori tinggi, kaya lemak, tinggi natrium dan rendah serat. Pola makan yang tinggi kalori dan aktifitas fisik yang kurang berperan penting terhadap terjadinya peningkatan prevalensi obesitas. Penelitian ini bertujuan untuk mengetahui hubungan frekuensi konsumsi *fast food* dan konsumsi energi total terhadap kejadian gizi lebih pada remaja putri di SMA Negeri 3 Malang. Penelitian ini bersifat observasional analitik dengan desain *cross-sectional*. Metode pengumpulan data menggunakan kuesioner. Data status gizi diperoleh dari pengukuran berat badan dan tinggi badan, frekuensi konsumsi *fast food* diperoleh dari hasil wawancara menggunakan FFQ sedangkan untuk konsumsi energi total diperoleh dari *24-H recall*. Analisa data menggunakan uji korelasi *Pearson*. Hasil penelitian menunjukkan 78,1% responden tergolong gemuk, 87,5% responden sering mengonsumsi *fast food*, dan 81,2% responden tergolong asupan energi baik. Berdasarkan uji korelasi *Pearson* diperoleh tidak ada hubungan frekuensi konsumsi *fast food* dengan kejadian gizi lebih ($p=0,463$) dan ada hubungan konsumsi energi total dengan kejadian gizi lebih ($p=0,049$). Kesimpulan: tidak terdapat hubungan frekuensi *fast food* dengan kejadian gizi lebih dan terdapat hubungan konsumsi energi total dengan kejadian gizi lebih. Saran: dilakukan penimbangan berat badan secara rutin, menyelenggarakan senam pagi bersama, menambah kegiatan ekstrakurikuler seperti tenis dan basket, serta memberikan penyuluhan terkait jenis *fast food* yang sering di konsumsi.

Kata Kunci : Frekuensi Konsumsi *Fast Food*, Konsumsi Energi Total, Kejadian Gizi Lebih

Palupi, Dyah Sekar. 2014. The Relationship between Frequency Fast Food and Total Energy Consumption on Overweight in the Female Teenager at SMA Negeri 3 Malang. Skripsi. Nutrition Program, Brawijaya University. Preceptor: (1) Eriza Fadhillah, S.Gz, M.Gz. (2) Catur Saptaning W, S.Gz, MPH.

ABSTRACT

Overweight is an abnormal accumulation of fat related to health problems. Based on dietary pattern. Addescents are vulnerable groups to environmental influences such as ready to eat food advertisements (fast food) which generally contain high calorie, high fat. High sodium and low in fiber. The habit of eating foods high in calories and low physical activity is a major factor increasing risk of obesity. This research aims to know relationship between frequency fast food and total energy consumption on overweight in the female teenager at SMA Negeri 3 Malang. This studey was an observational analytic with a cross sectional design. The data collection method is using questionnaires. Nutritional status data obtained from measurements of weight and height, frequency of fast food consumption was obtained from interviews using the FFQ while total energy consumption was obtained from 24-H recall. Data were analyzed using Pearson correlation test. The research results showed 78.1% of respondents classified as overweight, 87.5% of respondents often consume fast food, and 81.2% of respondents classified as either energy intake. Based on Pearson correlation test obtained no correlation between frequency of fast food consumption and overweight incidences ($p = 0.463$) and there is correlation between total energy consumption and overweight incidences ($p = 0.049$). Conclusion: there was no correlation between fast food eating frequency and the overweight incidences while there is a correlation between total energy consumption and the overweight incidences. Suggestion: do regular weighing, conducting a joint exercise in the morning, add extra-curricular activities such as tennis and basketball, as well as giving out the related extension of fast food are often in consumption.

Keywords : Fast Food Consumption Frequency, Total Energy Consumption, Overweight